**Acquisition of data**

Requirements regarding acquisition of data:

* Multiple sets of complex data.
* Use of different types of data (text, numbers, sound, images – moving & still).
* Use of primary & secondary data.
* Use of qualitative & quantitative data.
* Use of appropriate methods of acquisition

**Explain how you have met the above requirements.**

I have met the follow requirements as I have acquired multiple sets of complex primary data sets using my online google form, Different types of data has been collected through the form as it collected qualitative and quantitative data by using surveys that contain long answer questions and questions that use a rating system which consists of numbers. The secondary data that has been collected though articles on websites and is mainly filled with percentages, numbers and bar charts presenting data, for example [The Australian Psychological Society(APS)](http://www.psychology.org.au/assets/files/2014-npw-key-findings-survey.pdf) say “Maintaining a healthy lifestyle is important to the majority of Australians, with four in five (79%) agreeing it is important to them”

**Referencing of data**

Use of a standard referencing system for each data source and acquisition method is shown. Use of all intellectual property is acknowledged. (see APA method on p 110)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Author or Organisation** | **Year of Publication** | **Title** | **Name of Government Agency, sponsor or Organisation** | **URL** |
| [**American Psychological Association**](http://www.apa.org/about/contact/copyright/index.aspx) | 2013 | Stress and Exercise | [**American Psychological Association**](http://www.apa.org/about/contact/copyright/index.aspx) | http://www.apa.org/news/press/releases/stress/2013/exercise.aspx |
| The Australian Psychological Society(APS) | 2014 | Stress and wellbeing in Australia survey 2014 | The Australian Psychological Society(APS) | http://www.psychology.org.au/assets/files/2014-npw-key-findings-survey.pdf |
| [Mayo Clinic Staff](http://www.mayoclinic.org/about-this-site/welcome) | 2015 | Exercise and stress: Get moving to manage stress | Mayo Foundation for Medical Education and Research (MFMER) | http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469 |
| Anxiety and Depression Association of America(ADAA) | 2008 | Physical Activity Reduces stress | Anxiety and Depression Association of America(ADAA) | https://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st |

**Validation of data**

All data needs to be validated using appropriate electronic or manual techniques to enhance the integrity of the dataset.

**Explain how you have met the above requirement.**

I have manually validated the secondary data by viewing the data and comparing it to other data (cross-checking) that I acquired while looking through reports and articles and deducted that the data must be solid and true if the same data is shown in different articles made by different organisations. The primary data had to be manually

Validated by checking over answers after they were collected to make sure there was no problem with the form or the data.